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HOUSEKEEPERS' CHAT

Friday, December 29, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Dinners For The Week-End." Information from the Bureau of Home Economics, U.S.D.A.

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When Sunday and a big holiday happen to fall side by side on the calendar, as this coming Sunday and New Year's do, then the housewife needs to set her mind to careful menu-making and careful marketing. All the food for two days at least must be purchased by Saturday night. That means careful marketing. Too bad to find on Sunday morning that the sugar has run out or that there isn't a drop of salad oil in the house. So this is the day to check up on the state of your supplies. See if everything is on hand. Then you can sleep with a clear conscience even when the stores have all closed on Saturday night.

So much for marketing. But our real job today is menu-making. On an occasion like this, any wise woman will plan easy meals for both days. Otherwise, she's likely to be slaving away in the kitchen all day Sunday and New Year's Day instead of joining her family and guests in rest and merry-making. When I see these women who wear themselves out preparing holiday food for the family, drudging away in the kitchen early and late, I begin to think that General Johnson and the N.R.A. ought to be giving a hand to the housewife. Seems to me a house-keeping code with shorter hours and more intelligent working conditions would do a lot of good in this country.

But I'm wandering from our subject. The subject is two easy dinner menus for the week-end. Let's plan our Sunday dinner first, a Sunday dinner that is inexpensive and easy and will allow Mother plenty of time to go to church in the morning, if she wants to, and visit with the relatives in the afternoon.

The main dish is that old favorite -- a slice of ham baked in milk. In the oven along with the ham go the sweetpotatoes -- plain baked sweetpotatoes in their shells. Buttered green beans or buttered cabbage make the third item in the main course. Crisp biscuits or rolls for the bread on this menu. Salad? I suggest a salad that you can prepare the day before. Tomato jelly made with canned tomato juice and gelatin would be a good choice. You can season this mixture as you please, or you can mold in it various chopped vegetables such as chopped celery or chopped green pepper or any other vegetable you like. Serve the mold on crisp lettuce with mayonnaise or French dressing.

I'm not in favor of an elaborate Sunday dessert for this meal. Too much work for mother. Why not simply have some of your holiday fruit cake and candy with after-dinner coffee. There's the simple Sunday dinner; Ham slice baked gently in milk; Baked sweetpotatoes; Buttered green beans or chopped cabbage; Tomato jelly salad; Fruit cake; Candy; and Coffee.



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Now let's turn to the big dinner for New Year's Day. Since turkeys are cheap this year, no reason why we shouldn't celebrate 1934 with a stuffed roast turkey. People differ about their favorite kinds of stuffing. Some like rich and hearty stuffings like chestnut or peanut stuffing. Then, some prefer a simple, less rich but well seasoned mixture, like celery or plain savory stuffing. Some cooks make a wet, soggy, hard, compact stuffing -- a lump in the middle of the bird. But the Recipe Lady prefers a light, fluffy mixture, delicious in flavor and appetizing to look at.

Now, if your pencil is sharp and handy, maybe you'd like to take down this recipe for a light, fluffy, savory stuffing. The proportions here are for a large bird -- 15 pounds or so. Eight ingredients for savory stuffing.

2 quarts dry bread crumbs,	1 pint chopped celery ,
3/4 cup fat, butter and turkey fat,	2 teaspoons salt,
1 small onion, chopped,	1 to 2 teaspoons savory seasoning, and
1/2 cup chopped parsley,	Pepper to taste.

Once more. (REPEAT)

In the melted fat cook the onion, parsley, and celery for a few minutes. Add the bread crumbs and seasonings and stir all together until the mixture is thoroughly heated. Pile the hot stuffing lightly into the turkey, but do not pack. If you have any surplus stuffing, you can bake it in a separate pan in the oven.

Of course, you will want giblet gravy with your roast turkey. Then how about some mashed potatoes? Approved mashed potatoes are light and fluffy too. Pile them in a casserole. Keep them hot in the oven during the process of carving.

Most people enjoy at least one of the strongly-flavored vegetables with a turkey dinner. You have your choice of turnips or onions. How would you like mashed turnips with cream? Or would you prefer the good-old fashioned dish of creamed onions?

Now for the green vegetables -- and every dinner needs some green to liven it up -- why not have broccoli with Hollandaise sauce? Or quick-cooked bright green spinach? Or even sauerkraut, if you like it.

For the salad, the Menu Specialist suggests an apple, celery and nut mixture on crisp lettuce. To make the mixture look gay, leave the red skin on the apples.

Finally, there's dessert -- a traditional, old-time dessert -- mince pie. You can make it on Saturday and heat it up the last thing on Monday.

There now, let's go over our New Year's menu once more. Roast turkey with savory stuffing; Mashed potato puff, browned in the oven; Giblet gravy; Mashed turnips with cream or creamed onions; Broccoli or some other green vegetable or sauerkraut; Apple, nut and celery salad; Mince pie; Coffee.

